WHAT IS CLAIMED IS:

1. External plastic structure of a treadmill comprising a base seat and a running platform, the base seat having two columns respectively upward extending from two sides of the base seat, a panel plastic member being disposed between the two columns, a front section of the running platform being mounted between the columns, a running belt being circularly rotatably disposed in the running platform, a step board plastic member being disposed on two sides of the running belt, said external plastic structure being characterized in that:

the panel plastic member has a cover board, a top face of the cover board having an upper panel face, while a bottom face of the cover board having a lower panel face, the upper panel face and the lower panel face defining therebetween a buffering space for absorbing impact force, the cover board being made of plastic material by blowing molding, whereby the buffering space is formed between the upper and lower panel faces; and

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- a top face of the step board plastic member has a top board and a bottom face of the step board plastic member has a bottom board, the bottom board and the top board defining therebetween a buffering space for absorbing impact force, the step board plastic member being made of plastic material by blowing molding, whereby the buffering space is formed between the top board and the bottom board.
- 2. External plastic structure of a treadmill as claimed in claim 1, wherein the panel plastic member further has a base board fixed on the bottom

of the cover board, the cover board and the base board defining therebetween a receiving space for accommodating a unit for controlling the treadmill, a top face of the base board having an upper panel face, while a bottom face of the base board having a lower panel face, the upper panel face and the lower panel face defining therebetween a buffering space for absorbing impact force, the upper panel face of the base board being fixed under the lower panel face of the cover board, the base board being made of plastic material by blowing molding, whereby the buffering space is formed between the upper and lower panel faces of the base board.

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- 3. External plastic structure of a treadmill as claimed in claim 1, wherein the top board of the step board plastic member is formed with multiple slipproof channels parallel to the moving direction of the running belt.
- 4. External plastic structure of a treadmill as claimed in claim 1, wherein the bottom board of the step board plastic member is formed with an insertion section recessed toward the top board for being fixedly inserted in two sides of the running platform.
- 5. External plastic structure of a treadmill as claimed in claim 1, wherein the bottom board of the step board plastic member is longitudinally formed with multiple reinforcing ribs recessed toward the top board for supporting the top board.
- 6. External plastic structure of a treadmill as claimed in claim 1, wherein

a side board downward extends from on one side of the step board plastic member for abutting against outer side of the running platform.